



Dynamic Warm Up, Flexibility and Strengthening “On-The-Field” for Baseball

By Mike Ryan, ATC, CSCS

The word dynamic means force as related to motion. Flexibility is the ability to use joints fully; it is the capacity of a joint to move through its range of motion. This warm up activity also focuses on balance, coordination and functional strength as it relates to athletics. Current research supports a more “active and dynamic warm up” and less “static” type stretching where an athlete holds the position for a 10-20 second count.

Each athlete must focus on the proper technique while doing this program to ensure he/she trains the appropriate muscles and movements. The athlete should be relaxed yet controlled during these exercises.

Dynamic Warm Up: 20-30 yard, 2 times @ 50- 75% effort (6-7 minutes)

• Forward Form Running:

- Bend elbows to 90 degrees and keep them close to body when running
- Hands should move from “Face Cheek to Butt Cheek”
- Run on balls of feet, keep hips high and drive knee straight ahead

• Backward Form Running:

- Bend forward at waist and shoulders with good posture
- Bend elbows to 90 degrees and keep them close to body when running
- Hands should move from “Face Cheek to Buttock Cheek”
- Run on balls of feet, not heels and “stay low.”

• High Knees:

- Bend elbows to 90 degrees and keep them close to body when running
- Hands should move from “Face Cheek to Butt Cheek”
- Run on balls of feet, keep hips high and drive knee upward to chest
- Be sure to lean forward, not backward

• Butt Kicks:

- Bend elbows to 90 degrees and keep them close to body when running
- Keep knees down and pull heels toward buttock as if kicking oneself in the buttock

• Carioca:

- Start in excellent athletic position
- Keep chest forward, shoulder, back and the buttocks down (bend knees and hips)
- Move sideways while crossing the “back foot in front of lead foot, then cross the back foot behind the lead foot and repeat

• Shuffles:

- Start in excellent *athletic position* (see glossary for definition)
- Keep chest forward, shoulders back and the buttocks down (bend at knees and hips)
- Move sideways with feet wider than shoulder width
- Do not cross feet

• “B” Skips:

- Hop forward on one foot while driving the opposite knee to chest level, transfer weight to opposite foot and hop forward while driving other knee to chest and kicking forward @ knee
- Incorporate opposite arm and leg action as with running

• Inch Worm:

- Begin with your palms flat on the floor in push up position
- Slowly inch your toes and feet towards your hands until both your palms and feet are flat on the floor (if you are not yet flexible enough to achieve this position, get as close as you can!)
- Walk your hands forward back to push up position and perform 5 push ups

Dynamic Stretching: 10-15 yards, hold 1-3 seconds (6-7 minutes)

- **Knee-to-Chest:** Walk forward while pulling knee to chest and holding for 2 seconds
- **Soldier Walks:** Reach Both arms toward sky and kick leg and alternate in controlled manner
- **Quad Pulls:** Pull ankle toward buttock while keeping knees together and standing tall
- **Retro Calf:** Walk backward while leaning toward straight leg and toe to nose with flat back
- **Fire Hydrant:** Pull knee up sideways and tilt to opposite side
- **Figure 4 Cradle:** Cross leg over other and pull leg and knee toward chest
- **Lunge Walk:** Reach forward with leg into lunge position with body upright
- **Light Bulbs:** Both hands straight in air and twist hands inward and outward slowly, then faster
- **Arm Circles:** Slow and small, then big and fast, forward and backward
- **Arm Swings:** Swing arms as if hugging yourself, Moderate speed

Strengthening: Alternate days (6-8 minutes)

Day 1

- **Push ups:** 2 x 15 or as many as possible
- **Front Bridges:** 2 x 20-60 second holds
- **Walking Lunges:** 2 x 10-20 steps with rotation
- **Toe Touch Crunches:** 2 x 25-50 in slow and controlled manner
- **Rotator Cuff:** See attached sheet

Day 2

- **Walking Side Lunge:** 2 x 10-20 steps with tilt to straight leg
- **Side Bridges:** 2 x 10-30 second holds
- **Superhero:** 10 x 5 second holds
- **Rev. Russian Twist:** 2 x 10-15
- **Standing Squats** 2 x 10-20
 - Start in athletic position
 - Reach hips backward and keep heels flat on ground while bending at hips and knees
 - Bend to 90 degrees in knees
 - Push upward from heel and onto toes as with jumping
- **Rotator Cuff:** See attached sheet

Conditioning: Pick 1-3 each day (5-15 minutes)

- **Base running fundamental series**
- **Foul poles**
- **1 mile aggressive run**
- **60 yard sprints**
- **5-10-5's (running, shuffles, forward and backward)**
- **30 Second Circuits:**
 - Speed lunges
 - Speed squats
 - Speed Mountain climbers
 - Speed Burpees/Squat Thrusts
 - Moderate Speed Inch worms

About the Author:



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